laman spake unto them. And these are the words which he spake: Behold, my sons, I desire that ye should remember to keep the commandments of God; and I would that ye should declare unto the people these words: Behold, I have given unto you the names of our first parents, which came out of the land of Jerusalem; and this I have done, that when you remember your names, that ye may remember them; and when ye remember them, ye may remember their works; and when ye remember their works, ye may know how that it is said, and also written, that they were good; therefore, my sons, I would that ye should do that which is good, that it may be said of you, and also written, even as it has been said and written of them. And now my sons, behold, I have somewhat more to desire of you, which desire is, that ye may not do these things that ye may boast, but that ye may do these things to lay up for yourselves a treasure in Heaven, yea, which is eternal, and which fadeth not away; yea, that ye may have that precious gift of eternal life, which we have reason to suppose hath been given to our fathers.

O remember, remember, my sons, the words which king Benjamin spake unto his people; yea, remember that there is no other way nor means whereby man can be saved, only through the atoning blood of Jesus Christ, which shall come; yea, remember that he cometh to redeem the world. And remember also, the words which Amulek spake unto Zeezrom, in the city of Ammonihah: for he said unto him, That the Lord surely should come to redeem his people; but that he should not come to redeem them in their sins, but to redeem them from their sins. And he hath power given unto him from the Father, to redeem them from their sins, because of repentance; therefore he hath sent his angels to declare the tidings of the conditions of repentance, which bringeth unto the power of the Redemer, unto the salvation of their souls.—And now, my sons, remember, remember that it is upon the rock of our Redeemer, which is Christ, the Son of God, that ye must build your foundation, that when the Devil shall send forth his mighty winds; yea, his shafts in the whirlwind; yea, when all his hail and his mighty storm shall beat upon you, it shall have no power over you, to drag you down to the gulf of misery and endless wo, because of the rock upon which ye are built, which is a sure foundation, a foundation whereon if men buildeth, they cannot fall.

And it came to pass that these were the words which Helaman taught to his sons; yea, he did teach them many things which are not written, and also many things which are written. And they did remember his words; and therefore they went forth, keeping the commandments of God, to teach the word of God among all the people of Nephi, beginning at the city Bountiful; and from thence forth to the city of Gid; and from the city of Gid to the city of Mulek; and even from one city to another, until they had gone forth among all the people of Nephi, which were in the land southward; and from thence into the land of Zarahemla, among the Lamanites.

And it came to pass that they did preach with great power, insomuch that they did confound many of those dissenters which had gone over from the Nephites, insomuch that they came forth and did confess their sins, and were baptized unto repentance, and immediately returned to the Nephites, to endeavor to repair unto them the wrongs which they had done. And it came to pass that Nephi and Lehi did preach unto the Lamanites with such great power and authority: for they had power and authority given unto them that they might speak; and they also had what they should speak, given unto them; therefore they did speak unto the great astonishment of the Lamanites, to the convincing them, insomuch that there were eight thousand of the Lamanites which were in the land of Zarahemla and round about, baptized unto repentance, and were convinced of the wickedness of the traditions of their fathers.

And it came to pass that Nephi and Lehi did proceed from thence to go to the land of Nephi. And it came to pass that they were taken by an army of the Lamanites, and cast into prison; yea, even in that same prison in which Ammon and his brethren were cast by the servants of Limhi. And after they had been cast into prison many days without food, behold, they went forth into the prison to take them, that they might slay them. And it came to pass that Nephi and Lehi were encircled about as if by fire, even insomuch that they durst not lay their hands upon them for fear, lest they should be burned. Nevertheless, Nephi and Lehi were not burned; and they were as standing in the midst of fire, and were not burned. And when they saw that they were encircled about with a pillar of fire, and that it burned them not, their hearts did take courage. For they saw that the Lamanites durst not lay their hands upon them; neither durst they come near unto them, but stood as if they were struck dumb with amazement.